



TAKING THE INITIATIVE



Taking the Initiative Network News

Welcome to the second edition of Network News. For Champions recently recruited please note that you can view the first edition and some further information about the Network on the Health Alliance website or you can contact the TTIN Development & Training Officer for your area.

At “What’s Happening” we have provided information on some Signature Projects that are currently under development, however, there is still funding available to support other initiatives so if you have an idea please don’t hesitate to get in touch .

This project is being delivered for the Northern Health & Social Care Trust by a partnership of the four Community Networks who together cover the Northern Trust area. Administration (including the Champions database) and Operational Management is currently being transferred to CRUN who are the Lead Community Network Partner.

To help us improve the way that we provide support to Champions and indeed look at ways in which you can have a bigger impact the TTIN Steering Group have recruited S3solutions to carry out an evaluation of the project.

PROGRESS TO DATE: Development & Training Officers

As you will see below Lorna, who is off on maternity leave, has been replaced by Tommie and Ita. Over the past months we have been making good progress in recruiting existing and new Champions to the Taking the Initiative Network. Following lots of conversations with you we have agreed on a number of Signature Projects and we are also finalising training including Identification and Brief Advice. Please remember that you can contact us at any time to chat over any ideas or concerns that you may have .



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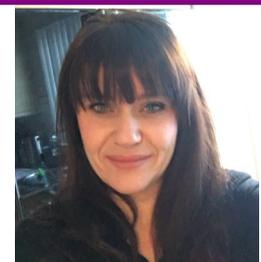
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What's Happening...

Signature Projects



TeamGE Academy Project - a group of young people will be offered the opportunity to participate in the TeamGE Academy. A twelve week intensive programme of strength and fitness training, with allied health advice, nutrition guidance, GP health checks (CRY- cardiac risk in youth screening and advice) and drug and alcohol awareness sessions.

New Media, Our Message - raising awareness of alcohol misuse and the risks associated with underage drinking through a bespoke public information broadcast: For young people - by young people.

Ignorance of the law is no excuse - we have frequently heard this but what if you are from another country where the laws are different. Members of the Polish community will be provided with a booklet which explains the law in N Ireland and offers advice and support to help reduce the impact of alcohol.

Peer to Peer Alcohol Awareness - young people talking to other young people about the risks of alcohol misuse and some of the strategies they may wish to consider to avoid making the same mistakes. And its not just young people other Champions have said that they would also like to be able to talk to their peer group - of whatever age - and help where its wanted - which is where **Identification and Brief Advice** training comes in.

Training Update

Identification and Brief Advice (IBA)

IBA (previously know as Alcohol Brief Identification) training is designed to give you a framework to Raise Awareness, Reduce Harm and Invite Change. This is done using the FRAMES model.

F = Feedback, R = Responsibility, A = Advice,
M = Menu of Options, E= Empathy and
S = Self-Efficacy.

This means that when the opportunity arises you will have the tools to help someone who recognises that they may have a problem with alcohol and want some support to reduce the harm that it is causing to themselves, their family and friends as well as wider community.

To find out more about the training get in touch.

New Resources Available

Banner pens, collapsible water bottles, cotton tote bags, alcohol scratch cards, audits, USB pens, measuring cups and alcohol calculator wheels are now available. Contact your local Development & Training Officer to discuss resource requirements for training/events etc.



Over to you....

Soft Project, Cookstown (Supporting Our Families Together)

Our newest Champion is Joan Reid from SOFT (Supporting Our Families Together) who told us that the SOFT project is a relatively new initiative set up to work with families in Cookstown to help children as young as 4 years up to 12 years to reach their full potential at school and in the community.

The lottery funded project in partnership with the Speedwell Trust will be delivered over the next 5 years and will provide opportunities for families to access support on a voluntary

basis and offers a variety of services and programmes designed to be both challenging and interesting for families and young people – learning by doing. Joan gave permission for the photograph to be taken of the wonderful mural which takes up the entire wall of the common room and illustrates the project goals as well as bringing a lively splash of colour into the room. The type of activities families can expect from SOFT are after school clubs, family bonding trips & children's activities, family support to develop routines and habits and much more. If you are in the Cookstown area and want to know more about the SOFT project please contact Joan Reid on 07717 390 733.



Soft Project Mural

By signing up as a Champion, beneficiaries of the SOFT project will be part of the 'Taking the Initiative Network' which provides up-to-date resources, information, networking, training opportunities, updates by newsletter and tailored support from Ita McElean, Development & Training Officer. Contact Ita on 077 3944 6599 or email: lorna@crun.org

Alcohol Awareness Week:

19th – 25th June 2017

The Connections service will be undertaking Alcohol MOT road shows. For more information contact:

Clare McFarlane on:

075 4592 9273 or

028 2568 9306

Alcohol & Social Media Awareness Workshops

Community Champion, Frances Doole visited St Benedict's College, Randalstown to give an Alcohol Awareness Workshop on the dangers of Social Media for all Year 8 Pupils. The hour long workshop concentrated on Alcohol Misuse & Social Media.



Frances Doole

& Pupils from St Benedict's College

We would like to take this opportunity to send Frances best wishes for a speedy recovery after her recent surgery.

Keeping You Up to Date...



CHANGE IN DRINKING HABITS

Historically, the overwhelming majority of alcohol licences were used to run public houses. And whilst this sector remains the largest in terms of licences held, in recent years huge numbers of licences have transferred to off-sales. This stark change in the way the product is retailed has fuelled concerns that it is easier than ever for young people to access alcohol by way of proxy purchasing. This is where an adult purchases alcohol on behalf of someone who would not be permitted to buy it themselves. According to Colin Neill of [Hospitality Ulster](#), loss-leading offers in supermarkets that encourage bulk buying mean that alcohol is more readily available in the home than it was in the past.

“If you look at the consumption of alcohol, 80% is consumed at home or on our streets,” he said.

“There has been a relentless number of closures (of pubs). It is hard to tie it in with the decade but if you consider that we started off some time ago with 3,000 pubs and we are down now to 1,309.

“A lot of the licences went to the supermarkets.”

Data provided by Hospitality Ulster Detail Data found supermarket prices on well known beers for as little as £1.52 a litre.

The same quantity of the same beer in a Belfast pub costs more than £6.

Extract taken from The Detail . Read more at:

www.thedetail.tv/articles/are-you-being-served-the-battle-to-reduce-underage-drinking

If you come across anything that you think we should share with other Champions then let us know and we will either post it on the health alliance website or in the next edition of Network News.



Information Points - As noted in our first Network News the majority of Champions have agreed to take on a role which involves setting up Information Points in the place where they work, volunteer or live. This includes putting up posters and leaflets related to alcohol advice and information. This includes the PHA poster “To Stay Healthy and Reduce Risks” and the “Guide to Alcohol Services” along with the leaflet “Focus on Alcohol – a guide to Drinking and Health”. Obviously this information fits well with other health and wellness information so if you want to consider how you might add to your Information Point please have a chat with us. Other leaflets available are:

- * Alcohol, Drugs & Older People
- * Cannabis and You workbook
- * Steps to Deal with Stress
- * Smoking – know the facts
- * Stopping Smoking made easier
- * Take 5



Sandra who provided the Administration for this project is moving on and as she has been in touch with many of you over the past two years, on your behalf, we would like to say a big THANK YOU to Sandra for all her work and wish her well for the future